Sport Resources

Assess Your Risk

LOW

Skill-building and drills by yourself

Team practice (skill-building and drills) avoiding contact and keeping to the same cohort

Team scrimmages keeping to the same cohort

League scrimmages and games

HIGH

Competitions involving teams across different areas/provinces

Keep Athletes Safe

Reducing the spread requires everyone to be COVIDWise and SportSMART

S
Screen all athletes, coaches, trainers and parents. Perform a COVID-19 Self-Assessment before attending or participating in any activity. Stay home if feeling unwell or you do not pass the self-assessment.

M
Wear masks at all times even during physical activity if possible and safe.

A
Adapt to reduce contact and maintain physical distance

• Arrive dressed for the activity to limit the use of lockers and change rooms.
• Change drills and play to allow for physical distancing.
• Avoid group celebrations and other customs (e.g. handshakes, high fives, fist bumps, chest bumps) to limit contact with others.
• Arrive no more than 5-10 minutes before the activity and do not linger in the facility or parking lot after the activity.

R
Reduce contact

• Arrange for transportation to and from activities so that only members from the same household are sharing rides.
• Bring your own equipment and do not share your personal items (e.g. water bottle, towels, etc.).
• Limit yourself to one sport, team or league as a player, coach, or trainer.
• Physical distancing of 2 metres at all times.
• Consider increasing distance when available including on sidelines and the bench.
• Limit travel to other regions in the province and out of province.

T
Think about the risks and ways to be safer and Track your activities

• Be informed about the risks of participating in any activity.
• Know your personal risk based on your age or chronic health conditions and decide if participation is right for you.
• Follow all health and safety protocols and strategies available.
• Make choices to reduce risks for yourself and your team.
• Track all your activities on a family calendar. This will help with contact tracing (if needed).